

BLOCK 1: 5-WEEK CLIMB PHASE															
IMPORTANT NOTE: BLOCK 1 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE REMAINING 4 WEEKS															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Pull-Up</u>	N/A	2-3	2	8-10					~7	~9	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled!
	<u>Chest-Supported Machine Row</u>	N/A	2	2	8-10					~7	~9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep.
	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	Integrated Partials (All Sets)	1	2	12-15					~7-8	~9	~1-2 min	<u>Straight-Bar Lat Prayer</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable 1-Arm Face Pull</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pull the cable towards eye-level, with a slight pause at the bottom of each rep (when your arm is bent).
	<u>Seated Super-Bayesian High Cable Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Machine Chest Press</u>	N/A	2-3	2	8-10					~7	~9	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest.
	<u>Bottom-Half Seated Cable Flye</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>DB Shoulder Press</u>	N/A	2	2	10-12					~7	~9	~2-3 min	<u>Machine Shoulder Press</u>	<u>Seated Smith Machine Shoulder Press</u>	Bring your hands down to shoulder height on each rep, maintaining tension on the shoulders.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Cable Triceps Kickback</u>	N/A	1	2	15-20					~7-8	~9	~1-2 min	<u>DB Triceps Kickback</u>	<u>Cable Skull Crusher</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.

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LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	2	6-8					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	2	10-12					~7	~8	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Standing Calf Raise</u>	N/A	1	2	15-20					~7-8	~9	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

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ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~7-8	~9	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

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PULL #2	<u>Smith Machine Deficit Row</u>	N/A	2-3	2	8-10					~7	~9	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep!
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	2	8-10					~7	~9	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Moto Cable Row</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Try to keep your forearm in line with the cable throughout the pull. Smooth, controlled reps.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Super-Stretch Reverse Pec Deck</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Machine Cheat Shrug</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>DB Cheat Shrug</u>	<u>Smith Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

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PUSH #2	<u>High-Cable Cuffed Lateral Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Shoulder Press</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Seated Smith Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Keep tension on the shoulders at the bottom.
	<u>Katana Triceps Extension</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Cable Crossover Ladder</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Pec Deck</u>	<u>DB Flye</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

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LEGS #2	<u>Barbell RDL</u>	N/A	2-3	2	8-10					~5	~5-6	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	2	8-10					~7	~8	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-3	2 per leg	10-12					~7	~8	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~7	~9	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

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ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>DB Hammer Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Hammer Preacher Curl</u>	<u>Reverse-Grip EZ-Bar Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Smith Machine JM Press</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>DB Scott Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>EZ-Bar Preacher Curl</u>	<u>DB Preacher Curl</u>	Add a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Single-Arm Triceps Pressdown</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Bar)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.
	<u>Decline Weighted Crunch</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Swiss Ball Rollout</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #1	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	1	2	12-15					~9	10	~1-2 min	<u>Straight-Bar Lat Prayer</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable 1-Arm Face Pull</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pull the cable towards eye-level, with a slight pause at the bottom of each rep (when your arm is bent).
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	Failure	1	2	10-12					~9	10	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>DB Shoulder Press</u>	N/A	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Machine Shoulder Press</u>	<u>Seated Smith Machine Shoulder Press</u>	Bring your hands down to shoulder height on each rep, maintaining tension on the shoulders.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	15-20					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Cable Skull Crusher</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Moto Cable Row</u>	N/A	1	2	10-12					~8-9	~9-10	~1-2 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Try to keep your forearm in line with the cable throughout the pull. Smooth, controlled reps.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Machine Cheat Shrug</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Smith Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Katana Triceps Extension	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	Overhead Cable Triceps Extension (Bar)	DB Skull Crusher	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	10-12					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>DB Hammer Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Hammer Preacher Curl</u>	<u>Reverse-Grip EZ-Bar Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Smith Machine JM Press</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>DB Scott Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Preacher Curl</u>	<u>DB Preacher Curl</u>	Add a slight pause at the bottom of each rep to emphasize stretching your biceps. After the final set for each arm, perform a bicep static stretch for that arm for 30 seconds.
	<u>Single-Arm Triceps Pressdown</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Bar)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight. After the final set for each arm, perform a triceps static stretch for that arm for 30 seconds.
	<u>Decline Weighted Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Swiss Ball Rollout</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	1	2	12-15					~9	10	~1-2 min	<u>Straight-Bar Lat Prayer</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable 1-Arm Face Pull</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pull the cable towards eye-level, with a slight pause at the bottom of each rep (when your arm is bent).
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	Failure	1	2	10-12					~9	10	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>DB Shoulder Press</u>	N/A	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Machine Shoulder Press</u>	<u>Seated Smith Machine Shoulder Press</u>	Bring your hands down to shoulder height on each rep, maintaining tension on the shoulders.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	15-20					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Cable Skull Crusher</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.

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LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Moto Cable Row</u>	N/A	1	2	10-12					~8-9	~9-10	~1-2 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Try to keep your forearm in line with the cable throughout the pull. Smooth, controlled reps.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Machine Cheat Shrug</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Smith Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Shoulder Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Seated Smith Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Keep tension on the shoulders at the bottom.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Cable Crossover Ladder</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Pec Deck</u>	<u>DB Flye</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>DB Hammer Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Hammer Preacher Curl</u>	<u>Reverse-Grip EZ-Bar Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Smith Machine JM Press</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>DB Scott Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Preacher Curl</u>	<u>DB Preacher Curl</u>	Add a slight pause at the bottom of each rep to emphasize stretching your biceps. After the final set for each arm, perform a bicep static stretch for that arm for 30 seconds.
	<u>Single-Arm Triceps Pressdown</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Bar)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight. After the final set for each arm, perform a triceps static stretch for that arm for 30 seconds.
	<u>Decline Weighted Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Swiss Ball Rollout</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	1	2	12-15					~9	10	~1-2 min	<u>Straight-Bar Lat Prayer</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable 1-Arm Face Pull</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pull the cable towards eye-level, with a slight pause at the bottom of each rep (when your arm is bent).
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	Failure	1	2	10-12					~9	10	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>DB Shoulder Press</u>	N/A	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Machine Shoulder Press</u>	<u>Seated Smith Machine Shoulder Press</u>	Bring your hands down to shoulder height on each rep, maintaining tension on the shoulders.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	15-20					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Cable Skull Crusher</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Moto Cable Row</u>	N/A	1	2	10-12					~8-9	~9-10	~1-2 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Try to keep your forearm in line with the cable throughout the pull. Smooth, controlled reps.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Machine Cheat Shrug</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Smith Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Katana Triceps Extension	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	Overhead Cable Triceps Extension (Bar)	DB Skull Crusher	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	10-12					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>DB Hammer Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Hammer Preacher Curl</u>	<u>Reverse-Grip EZ-Bar Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Smith Machine JM Press</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>DB Scott Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Preacher Curl</u>	<u>DB Preacher Curl</u>	Add a slight pause at the bottom of each rep to emphasize stretching your biceps. After the final set for each arm, perform a bicep static stretch for that arm for 30 seconds.
	<u>Single-Arm Triceps Pressdown</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Bar)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight. After the final set for each arm, perform a triceps static stretch for that arm for 30 seconds.
	<u>Decline Weighted Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Swiss Ball Rollout</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	1	2	12-15					~9	10	~1-2 min	<u>Straight-Bar Lat Prayer</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable 1-Arm Face Pull</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pull the cable towards eye-level, with a slight pause at the bottom of each rep (when your arm is bent).
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	Failure	1	2	10-12					~9	10	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>DB Shoulder Press</u>	N/A	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Machine Shoulder Press</u>	<u>Seated Smith Machine Shoulder Press</u>	Bring your hands down to shoulder height on each rep, maintaining tension on the shoulders.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	15-20					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Cable Skull Crusher</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Moto Cable Row</u>	N/A	1	2	10-12					~8-9	~9-10	~1-2 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Try to keep your forearm in line with the cable throughout the pull. Smooth, controlled reps.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Machine Cheat Shrug</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Smith Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Shoulder Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Seated Smith Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Keep tension on the shoulders at the bottom.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Cable Crossover Ladder</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Pec Deck</u>	<u>DB Flye</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>DB Hammer Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Hammer Preacher Curl</u>	<u>Reverse-Grip EZ-Bar Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Smith Machine JM Press</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>DB Scott Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Preacher Curl</u>	<u>DB Preacher Curl</u>	Add a slight pause at the bottom of each rep to emphasize stretching your biceps. After the final set for each arm, perform a bicep static stretch for that arm for 30 seconds.
	<u>Single-Arm Triceps Pressdown</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Bar)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight. After the final set for each arm, perform a triceps static stretch for that arm for 30 seconds.
	<u>Decline Weighted Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Swiss Ball Rollout</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

BLOCK 2: 5-WEEK GRIND PHASE															
IMPORTANT NOTE: BLOCK 2 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE FINAL 4 WEEKS															
WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Lat Pulldown</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in".
	<u>Dual-Handle Elbows-Out Cable Row</u>	N/A	2	2	10-12					~7	~9	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps.
	<u>Straight-Bar Lat Prayer</u>	Integrated Partials (All Sets)	1	2	10-12					~7-8	~9	~1-2 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable Reverse Flye</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>Seated Super-Bayesian High Cable Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Smith Machine Bench Press</u>	N/A	2-3	2	10-12					~7	~9	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Bottom-Half Pec Deck</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Shoulder Press</u>	N/A	2	2	8-10					~7	~9	~2-3 min	<u>Cable Shoulder Press</u>	<u>DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>DB Triceps Kickback</u>	<u>Bench Dip</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso. No pausing between reps.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	2	8-10					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	2	8-10					~7	~8	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Standing Calf Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	N/A	1	2	AMRAP					~7-8	~9	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible, until you hit the target RPE. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #2	<u>Pendlay Deficit Row</u>	N/A	2-3	2	10-12					~7	~9	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep!
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	2	10-12					~7	~9	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Neutral-Grip Seated Cable Row</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Moto Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Cable Rope Hammer Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>DB Hammer Curl</u>	<u>Straight-Bar Cable Curl</u>	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps.
	<u>Super-Stretch Reverse Pec Deck</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Smith Machine Cheat Shrug</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>DB Cheat Shrug</u>	<u>Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

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PUSH #2	High-Cable Cuffed Lateral Raise	N/A	1	3	10-12					~7-8	~9	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight.
	Bottom-Half Low Incline DB Press	N/A	2-3	2	8-10					~7	~9	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	Seated DB Shoulder Press	N/A	2-3	2	8-10					~7	~9	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	EZ-Bar Skull Crusher	N/A	1	3	12-15					~7-8	~9	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	Cable Crossover Ladder	N/A	1	3	12-15					~7-8	~9	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

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LEGS #2	DB RDL	N/A	2-3	2	10-12					~5	~5-6	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	2	6-8					~7	~8	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	N/A	1-2	2	6-8					~7	~8	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep.
	Bottom-Half Standing Calf Raise	N/A	1	3	12-15					~7-8	~9	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Reverse-Grip EZ-Bar Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Reverse-Grip DB Curl</u>	<u>Reverse-Grip Cable Curl</u>	Grab a bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Cable Triceps Pressdown (Bar)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Cable Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Incline DB Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Dual-Cable Triceps Press</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Machine Crunch</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Cable Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	Wide-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Dual-Handle Elbows-Out Cable Row	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	Arm-Out Single-Arm DB Row	Chest-Supported Machine Row	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Straight-Bar Lat Prayer	Integrated Partial (All Sets)	1	2	10-12					~9	10	~1-2 min	Half-Kneeling 1-Arm Lat Pulldown	DB Lat Pullover	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Cable Reverse Flye	Failure	1	3	12-15					~9	10	~1-2 min	Rope Face Pull	Bent-Over Reverse DB Flye	Swing the weight "out", not "back".
	Seated Super-Bayesian High Cable Curl	Failure	1	3	10-12					~9	10	~1-2 min	Bayesian Cable Curl	Incline DB Stretch Curl	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	Cable Crunch	Failure	1	2	12-15					~9	10	~1-2 min	Weighted Decline Crunch	Weighted Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Shoulder Press</u>	N/A	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Cable Shoulder Press</u>	<u>DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	12-15					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Bench Dip</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso. No pausing between reps.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2	Pendlay Deficit Row	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	1-Arm Lat Pulldown	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Neutral-Grip Seated Cable Row	N/A	1	2	12-15					~8-9	~9-10	~1-2 min	Moto Row	Incline Chest-Supported DB Row	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	Cable Rope Hammer Curl	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	Smith Machine Cheat Shrug	Failure	1	3	12-15					~9	10	~1-2 min	DB Cheat Shrug	Machine Cheat Shrug	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	EZ-Bar Skull Crusher	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	12-15					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Reverse-Grip EZ-Bar Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Reverse-Grip DB Curl</u>	<u>Reverse-Grip Cable Curl</u>	Grab a bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Cable Triceps Pressdown (Bar)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cable Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Incline DB Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time. After the final set, perform a biceps static stretch for each arm for 30 seconds.
	<u>Dual-Cable Triceps Press</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension. After the final set, perform a triceps static stretch for each arm for 30 seconds.
	<u>Machine Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cable Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #1	Wide-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Dual-Handle Elbows-Out Cable Row	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	Arm-Out Single-Arm DB Row	Chest-Supported Machine Row	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Straight-Bar Lat Prayer	Integrated Partial (All Sets)	1	2	10-12					~9	10	~1-2 min	Half-Kneeling 1-Arm Lat Pulldown	DB Lat Pullover	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Cable Reverse Flye	Failure	1	3	12-15					~9	10	~1-2 min	Rope Face Pull	Bent-Over Reverse DB Flye	Swing the weight "out", not "back".
	Seated Super-Bayesian High Cable Curl	Failure	1	3	10-12					~9	10	~1-2 min	Bayesian Cable Curl	Incline DB Stretch Curl	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	Cable Crunch	Failure	1	2	12-15					~9	10	~1-2 min	Weighted Decline Crunch	Weighted Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Shoulder Press</u>	N/A	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Cable Shoulder Press</u>	<u>DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	12-15					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Bench Dip</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso. No pausing between reps.

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LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

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PULL #2	<u>Pendlay Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Neutral-Grip Seated Cable Row</u>	N/A	1	2	12-15					~8-9	~9-10	~1-2 min	<u>Moto Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Cable Rope Hammer Curl</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Straight-Bar Cable Curl</u>	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Smith Machine Cheat Shrug</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

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PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	EZ-Bar Skull Crusher	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	12-15					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

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						SET 1	SET 2	SET 3	SET 4						
LEGS #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

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ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Reverse-Grip EZ-Bar Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Reverse-Grip DB Curl</u>	<u>Reverse-Grip Cable Curl</u>	Grab a bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Cable Triceps Pressdown (Bar)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cable Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Incline DB Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time. After the final set, perform a biceps static stretch for each arm for 30 seconds.
	<u>Dual-Cable Triceps Press</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension. After the final set, perform a triceps static stretch for each arm for 30 seconds.
	<u>Machine Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cable Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	<u>Wide-Grip Lat Pulldown</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Straight-Bar Lat Prayer</u>	Integrated Partial (All Sets)	1	2	10-12					~9	10	~1-2 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>DB Lat Pullover</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Cable Reverse Flye</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	<u>Cable Crunch</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Weighted Decline Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Shoulder Press</u>	N/A	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Cable Shoulder Press</u>	<u>DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	12-15					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Bench Dip</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso. No pausing between reps.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #2	<u>Pendlay Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Neutral-Grip Seated Cable Row</u>	N/A	1	2	12-15					~8-9	~9-10	~1-2 min	<u>Moto Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Cable Rope Hammer Curl</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Straight-Bar Cable Curl</u>	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Smith Machine Cheat Shrug</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	EZ-Bar Skull Crusher	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	12-15					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

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LEGS #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Reverse-Grip EZ-Bar Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Reverse-Grip DB Curl</u>	<u>Reverse-Grip Cable Curl</u>	Grab a bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Cable Triceps Pressdown (Bar)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cable Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Incline DB Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time. After the final set, perform a biceps static stretch for each arm for 30 seconds.
	<u>Dual-Cable Triceps Press</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension. After the final set, perform a triceps static stretch for each arm for 30 seconds.
	<u>Machine Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cable Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1	Wide-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Dual-Handle Elbows-Out Cable Row	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	Arm-Out Single-Arm DB Row	Chest-Supported Machine Row	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Straight-Bar Lat Prayer	Integrated Partial (All Sets)	1	2	10-12					~9	10	~1-2 min	Half-Kneeling 1-Arm Lat Pulldown	DB Lat Pullover	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Cable Reverse Flye	Failure	1	3	12-15					~9	10	~1-2 min	Rope Face Pull	Bent-Over Reverse DB Flye	Swing the weight "out", not "back".
	Seated Super-Bayesian High Cable Curl	Failure	1	3	10-12					~9	10	~1-2 min	Bayesian Cable Curl	Incline DB Stretch Curl	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.
	Cable Crunch	Failure	1	2	12-15					~9	10	~1-2 min	Weighted Decline Crunch	Weighted Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

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PUSH #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Shoulder Press</u>	N/A	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Cable Shoulder Press</u>	<u>DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
	<u>Cable Triceps Kickback</u>	Failure	1	2	12-15					~8-9	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Bench Dip</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso. No pausing between reps.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.

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ARMS & WEAK POINTS #1	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #2	<u>Pendlay Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Neutral-Grip Seated Cable Row</u>	N/A	1	2	12-15					~8-9	~9-10	~1-2 min	<u>Moto Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Cable Rope Hammer Curl</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Straight-Bar Cable Curl</u>	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Smith Machine Cheat Shrug</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>DB Cheat Shrug</u>	<u>Machine Cheat Shrug</u>	Use controlled momentum and leg drive to shrug the weight up and then CONTROL the negative. Each negative should last 1-2 seconds. Shrug explosively!

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PUSH #2	High-Cable Cuffed Lateral Raise	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	EZ-Bar Skull Crusher	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Cable Crossover Ladder	Failure	1	3	12-15					~9	10	~1-2 min	Pec Deck	DB Flye	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.

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LEGS #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

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ARMS & WEAK POINTS #2	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Reverse-Grip EZ-Bar Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Reverse-Grip DB Curl</u>	<u>Reverse-Grip Cable Curl</u>	Grab a bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Cable Triceps Pressdown (Bar)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cable Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	Biceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>Incline DB Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time. After the final set, perform a biceps static stretch for each arm for 30 seconds.
	<u>Dual-Cable Triceps Press</u>	Triceps Static Stretch (30 sec)	1	2	12-15					~9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension. After the final set, perform a triceps static stretch for each arm for 30 seconds.
	<u>Machine Crunch</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cable Crunch</u>	<u>Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
REST DAY															